

# Training Progression Protocols



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# Training Progression Protocols - Return to Running Guidelines

1. Begin this program only if you are able to walk 30 minutes without symptoms at a moderately challenging pace.
2. Perform every other day only. Do not run two days in a row!
3. Perform at easy pace on level surfaces - no hills. Treadmills are a good choice that allow easy monitoring of time/distance.
4. Use good jogging shoes that are not more than 6-9 months old (even if you were injured during that 6-9 months, that time still counts for the age of the shoe because the cushioning will break down with time alone).
5. Consider changing the kind of shoe you buy if your shoes may have contributed to your injury. Discuss with your medical provider if you are unsure of which shoes to wear.
6. Stop if you experience increased pain, swelling, or stiffness. Such symptoms might not arise until the day after running. Do not run again until these symptoms are gone, and then resuming running at the last phase in which running was pain-free. Discuss with your medical provider when in doubt.
7. Try each phase at least twice, then progress if you experience no increased pain, swelling, or stiffness. 8. After phase 10, if greater running distance is desired, progress gradually by no more than 10 percent per week.

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Begin each session with a 10 minute warm-up of walking or biking, followed by stretching if directed by your medical provider.

Phase	Walk (min)	Run (min)	Repetitions	Total Time (min)
1	5	1	5	30
2	4	2	5	30
3	3	3	5	30
4	2	4	5	30
5	1	5	5	30
6	5	10	2	30
7	0	15	1	15
8	0	20	1	20
9	0	25	1	25
10	0	30	1	30

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# Training Progression Protocols - Foot Marching (FM)



Week	Weight / Gear	Distance (mi)
1	IOTV no plates	2
2	IOTV with 1 plate	2.5
3	IOTV with 2 plates	3
4	IOTV with all 4 plates	3
5	IOTV with plates and assault pack with 10 lbs	3
6	IOTV with plates and assault pack with 10 lbs	4
7	IOTV with plates and assault pack with 15 lbs	4
8	IOTV with plates and assault pack with 15 lbs	5
9	IOTV with plates and assault pack with 20 lbs	5
10	IOTV with plates and assault pack with 20 lbs	6
11	IOTV with plates and assault pack with 20 lbs	7
12	IOTV with plates and assault pack with 20 lbs	8
13	IOTV with plates and assault pack with 20 lbs	9
14	IOTV with plates and assault pack with 20 lbs	10
15	IOTV with plates and assault pack with 20 lbs	11
16	IOTV with plates and assault pack with 20 lbs	12

\*ONLY if not painful.  
If painful, do  
elliptical,  
Stairmaster or bike  
for 30-60 min. IOTV/  
Assault pack wear  
only recommended  
for Soldiers who are  
awaiting  
RTD/REFRAD

## Reference weights:

Medium IOTV with  
all 4 plates (no  
ammo): 30 lbs.

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